

# Rotary



## Club of Mt. Shasta

### Club Leaders



Doug Carter  
President



Thomas F. Stienstra  
President-Elect



Gary L. Bostwick  
Secretary



Lorinda Forrest Meyer  
Secretary



Shayna Cassidy  
Treasurer-Elect



Audra Beylik  
Public Relations Chair



Kenneth Brummel-Smith  
Membership Chair



Mark A. Foster III  
Rotary Foundation Chair



Kathy L. Morter  
Community Service Chair



Michael G. Rodriguez  
Vocational Service Chair



Linda Stremel  
Youth Services Chair



Heather Maria Solus  
iPast President

Heather Maria Solus  
Assistant Governor

## Mt Shasta Rotary Meeting 3-24-202

### Call to Order & Welcome Pledge of Allegiance

**Thought of the Day:** Audra Beylik, quoting from Nelson Mandela:

◆ May your choices reflect your hopes, not your fears. ◆

**Spouse Birthday:** Margaret Foster

**Wedding Anniversary:** Ken Kellogg - 8 years

**Reports:** Audra Beylik reported on the District 5160 photo contest and members chose one club project photo and one COVID club photo project from the entrants.

Linda Stremel reported that the Burney Youth Exchange had been canceled as well as our club's exchange student program this year.

Tom Stienstra reported that on a date yet to be determined near the end of April, depending on wind and weather conditions, the trout pen mature fish release has been OK'd by Fish and Wildlife Department. It is a festive occasion for the whole community, especially for children.

### Program:

Our club's Ken Brummel-Smith, M.D. and specialist in geriatric medicine, provided an update on COVID and, particularly, on the vaccination options to combat it. Using a power point screen share, Ken covered: mechanics of the infection at a cellular level, Vaccinations focusing on spike proteins, the high percentage of persons who get COVID but suffer no symptoms (60% infected are symptomatic, 40% are asymptomatic), the weak protection against further infection for those who have had it, the two types of immunity, humoral and cellular, complications arising from vaccinations, procedures and effectiveness of the four vaccines now available, how these vaccines are unique in their use of genetic engineering techniques, the rarity of serious side effects, the myth that prevalent that you can get COVID from being vaccinated, the incubation period of 7 days if you are in contact with some infected, recommendations for behavior after two weeks since complete vaccination, what the new variants may bring, the uncertainties of how long vaccinate persons will preserve immunity, how effective the vaccines will be against the variants, whether booster shots will be recommended, why not to mix vaccines, and how to reduce citizen hesitancy to be vaccinated.

Questions: when can I play poker again? (same as general CDC guidelines); where can you be tested for antibodies in Siskiyou County (it's complicated and maybe not effective given tests available); what is guidance for pregnant women vaccination? (excluded in early tests, uncertain recommendation at present, but some pregnant women who got pregnant after vaccination have successfully birthed babies, and the babies show evidence of antibodies; if I am a health worker, vaccinated, and my patient has been vaccinated, can I treat her when neither of us have masks? (KBS opinion is that it would conform to CDC guidelines); can a vaccinated person still be a carrier? (Yes. They are protected, but it doesn't mean they are not carrying the virus from recent contact with it.)

### Happy Bucks:

- Tom Stienstra \$50 for adventure he had when a friend called asking his help in transferring two bison from Idaho to Santa Clara county and watching the freed animals cavorting in their new home range and also for a new project of cooperation in Klamath County with the Tribal Council relating to water resources for fish and birds.
- Ted Palfini \$20, \$10 and \$10, first for son being home and enjoying ski weekend with him, second for Ted re-introducing a dicky to his wardrobe, and third for his trip to a spectacular new waterfall he had never been to.
- Paige \$10 for drive to Houston and visit with young grandchildren.
- Linda Stremel \$10 vacation to Death Valley.
- Mike Rodriguez \$10 that he is strong and healthy for his 72 nd birthday soon.



- Ken Brummel-Smith \$10 for three days at Lithia Springs with spouse.
- Audra Beylik \$10 for vacation at Morrow Bay.

**Marble game:** No drawing today.

### Birthdays



[Michael G. Rodriguez](#)  
March 27th

### Wedding Anniversaries

No Wedding Anniversaries Found

### Years of Service



[Ken Kellogg](#)  
6 Years

### Club Meeting

Mt. Shasta

Meets at Normally, Mt. Shasta Resort. Currently via Zoom. Contact us at [mtshastarotary@gmail.com](mailto:mtshastarotary@gmail.com) for link to join a meeting.

1000 Siskiyou Lake Boulevard

Mt. Shasta, CA 96067

Time: Wednesday at 12:30 PM